



TRAVEL RESOURCES

There are specific recommendations about Zika virus for people who are going to be traveling. This page provides some information about travel to areas where Zika virus is being actively transmitted by mosquitos.

Where in the world is Zika?

Several parts of the world are experiencing active local Zika outbreaks, including parts of Latin America, the Caribbean, and Southeast Asia. Local transmission in the United States has occurred in South Florida and southern Texas. To see the CDC's updated map of current transmission zones, please [click here](#).



Should I cancel my trip?

The CDC recommends that women who are pregnant avoid travel to areas with risk of Zika. If you or your partner are trying to get pregnant, consider avoiding nonessential travel to areas with [active Zika transmission](#). Talk to your doctor or other healthcare provider about your travel plans.

During your trip

As much as possible you should try to protect yourself from mosquito bites. Wear mosquito repellent and long sleeved clothing when outside. Try not to open windows unless they have screens. If you must sleep in the open, use bed nets to keep mosquitoes away at night.

After your trip

If you return from your trip and experience any [symptoms](#) of Zika, make sure to tell your healthcare provider about your recent travel.

You should also be aware that Zika can linger in your body after becoming infected with Zika, up to eight weeks for women and six months for men, even if you had no symptoms. During this time, you should avoid having unprotected sex which could result in transmitting the virus to your sexual partners. You should also avoid becoming pregnant because Zika is very dangerous to developing babies. If you do become pregnant during this time, consult your healthcare provider about getting tested for Zika. For more information about Zika and pregnancy, please consult the [Family Planning & Pregnancy page](#).